



# PROGRAM POOL SCHEDULE

## JANUARY 2024

- SCHEDULE NOTES:**
- Lap swimmers are expected to share lanes by either splitting lanes or circle swimming
  - Lane changes are made by lifeguards 5 minutes prior to the start of programming
  - Lap lanes may be used for lap swimming or water walking (no stationary exercising)
  - Private lessons may use open/lap swim lanes during open hours
  - 2 Lanes will be used for lifeguard training on 1/13 (4:45-7:45p), 1/14 (9a-5pm), and 1/15 (1-5pm)
  - Lifeguard training will use Lane 5 on 1/17 from 7pm-7:45pm and 1/20 from 7am-8:30am

MONDAY & WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
6:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	----- CLOSED FOR WATER FITNESS CLASSES -----				
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 5:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
5:00pm – 7:00pm	----- CLOSED FOR PROGRAMMING -----				
7:00pm – 7:45pm	SWIM LESSONS	SWIM LESSONS	HS SWIM TEAM	HS SWIM TEAM	HS SWIM
TUESDAY & THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN	LAP SWIM	LAP SWIM	MASTERS SWIM	MASTERS SWIM
6:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	----- CLOSED FOR WATER FITNESS CLASSES -----				
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 5:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
5:00pm – 7:00pm	----- CLOSED FOR PROGRAMMING -----				
7:00pm – 7:45pm	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	YBAC
6:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	----- CLOSED FOR WATER FITNESS CLASSES -----				
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 4:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
4:00pm – 5:00pm	----- CLOSED FOR PROGRAMMING -----				
5:00pm – 7:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
7:00pm-7:45pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am – 8:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
9:00am – 10:00am	----- CLOSED FOR WATER FITNESS CLASSES -----				
10:00am – 10:30am	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	LAP SWIM	LAP SWIM
10:30am – 12:15pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	LAP SWIM	LAP SWIM
12:15pm – 1:00pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 4:00pm	OPEN	OPEN	LAP SWIM	YBAC	YBAC
4:00pm – 4:45pm	OPEN	OPEN	OPEN	LAP SWIM	LAP SWIM
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm – 4:45pm	OPEN	OPEN	OPEN	LAP SWIM	LAP SWIM

Pool schedule is subject to change on short notice

For questions or to inquire about pool rentals, please contact Briley Penner (Aquatics Director) at bpenner@acymca.org OR 336.395.9622 ext. 215